



DIABETES SELF MANAGEMENT PROGRAM

For:

Any patient that is newly diagnosed with diabetes, patients with new diabetic complications, diabetic patients with A1c over 7, or any patient looking to learn how to manage their diabetes better.

Where & When:

This program is offered in 3 locations!
Mondays and Thursdays: East Bridgewater
Wednesdays: Middleborough
Tuesdays: Taunton

This program consists of 4-6 visits over a 3 month period.

Register:

To register for this program, please contact the Compass Medical Specialty Services Department at (508) 350-2222.

When patients are faced with diabetes, managing medications, blood glucose testing, and maintaining a good diet can be a tough challenge without the proper support.

Diabetes Self-Management Education (DSME) is the cornerstone of care for patients with diabetes who want to achieve successful health outcomes and avoid complications.

The Diabetes Self Management Education and Support program at Compass Medical is a certified program that can provide a framework for patients and their families to learn to live well with diabetes. This program is designed with a team approach, between patient, dietitian, educator, and physician.

CONTROL **MANAGE** **PREVENT**



About the program facilitator:

Lynne MacKay, CDE, RN, has been with Compass Medical since 1990 and is our nurse Certified Diabetic Educator/ Diabetic Lifestyle Coach/Counselor and assists with diabetes maintenance. Lynne encourages consistent exercise, blood sugar goal ranges, teaches about insulin administration just to name a few.

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